

Sourdough Starter — 5-Day Checklist

Plan: start **Tuesday morning** → bake by **Saturday**. Twice-daily feeds on Days 2–4.

Start Date

MM/DD/YYYY

Room Temp (°C/°F)

e.g., 24 °C / 75 °F

- | | | |
|--------------------------|---------------------|--|
| ☐ | Day 1 — 9 AM | Add 60 g water + 50 g whole wheat <i>or</i> 60 g rye . Stir well; cover with cloth. Rest 12 h .
Tip: the Sandshaus wooden spatula mixes smoothly for a lump-free start. |
| ☐ | Day 1 — 9 PM | Stir, cover again, and rest 12 h . |
| ☐ | Day 2 — 9 AM | Discard ½ → add 60 g water + 50 g whole wheat <i>or</i> 60 g rye . Cover.
Mark the level with a rubber band to track growth. |
| ☐ | Day 2 — 9 PM | Repeat the feed: discard ½ → 60 g water + 50 g whole wheat <i>or</i> 60 g rye. |
| ☐ | Day 3 — 9 AM | Twice-daily cycle continues: discard ½ → feed as above. |
| ☐ | Day 3 — 9 PM | Discard ½ → feed as above. Keep at room temp. |
| ☐ | Day 4 — 9 AM | Discard ½ → feed as above. Look for bubbles and doubling between feeds. |
| ☐ | Day 4 — 9 PM | Final twice-daily feed. If the room is cool, expect slower rise — that's okay. |
| ☐ | Day 5 — 9 AM | Discard ½ → add 60 g water + 50 g whole wheat <i>or</i> 60 g rye . Rest ≈5 h .
Ready signs: domed surface, fruity-tangy aroma, airy bubbles, optional float test. |

Notes

Write observations, temps, flour changes, etc.

Starter name: _____

Jar weight (empty): _____ g